

Massachusetts Department of Correction Training Academy

Physical Fitness Testing Requirements



Division of Staff Development

Training Academy

Pre-Screening Process

Overview

All candidates for enrollment in a Recruit Training Program for the Massachusetts Department of Correction must successfully complete the Pre-Screening Process. The purpose of Pre-Screening is to ensure the candidate can conform with the Medical Guidelines; is physically fit to undergo the full range of training conducted during the Recruit Training Program.

Pre-Screening Day

The Personnel Department will inform the Candidate of his/her scheduled Pre-Screening date. All Pre-Screening tests will be administered at the Department of Correction Training Academy. All candidates are to report at 8:00 am sharp, in physical fitness attire (sweat suit or T-shirt and running shorts, running shoes). Pre-Screening will take the full day. Candidates should have in their possession:

- Valid picture identification
- Eye glasses/contact lenses and solution, if applicable
- Lunch (refrigerators and microwaves are available)
- Water Bottle

Candidates will not bring newspapers, books, etc. During the day candidates will be given the Recruit Handbook which explains the nine-week Recruit Training Program. Additional information regarding Pre-Screening and the Recruit Training Program will be given by the Pre-Screening Coordinator.

Physical Exam

Only candidates who provide medical evidence from a personal physician that they are medically fit will be able to participate in the physical training exam. The battery consists of three events which measure specific aspects of a candidate's physical fitness. Candidates must meet or exceed the minimum entrance standards in each of the following categories to be enrolled in the Recruit Training Program.

- Timed 1.5 mile run
- Sit-ups completed in a one-minute timed period
- Push-ups completed in a one-minute timed period

Overall, the recruit is assessed three times in these specific areas; the Pre-Screening process, a mid-term physical fitness test, and a mandatory final physical fitness test based on the exit standards outlined on the next page.

Physical Fitness Minimum Entrance Standards

	<u>Age</u>	<u>Sit-Ups</u>	<u>Push-Ups</u>	<u>1.5 Mile Run</u>
Male	19.5-29	29 Reps	22 Reps	16:04
	30-39	26 Reps	18 Reps	17:00
	40-49	22 Reps	14 Reps	18:06
	50-50+	18 Reps	10 Reps	19:18
Female	19.5-29	24 Reps	17 Reps	19:18
	30-39	19 Reps	14 Reps	19:56
	40-49	15 Reps	10 Reps	21:13
	50-50+	11 Reps	9 Reps	22:24

Physical Fitness Minimum Exit Standards

	<u>Age</u>	<u>Sit-Ups</u>	<u>Push-Ups</u>	<u>1.5 Mile Run</u>
Male	19.5-29	32 Reps	25 Reps	14:47
	30-39	30 Reps	20 Reps	15:38
	40-49	25 Reps	15 Reps	16:40
	50-50+	20 Reps	11 Reps	17:45
Female	19.5-29	27 Reps	20 Reps	17:45
	30-39	21 Reps	16 Reps	18:21
	40-49	17 Reps	11 Reps	19:31
	50-50+	12 Reps	10 Reps	20:36

Pre-Screening Results

In order to become enrolled in the Recruit Training Program candidates must successfully complete all phases of the Pre-Screening process. All medical, psychological and physical issues must be resolved prior to being admitted into the class. Follow-up medical or psychological exams must be successfully completed.

It is the responsibility of the candidate to maintain contact with the Personnel Department to confirm acceptance into the class also to confirm Academy Class start date.

Training Academy Evaluators

Authorized Training Academy Evaluators are going to be counting your repetitions and reporting your scores to the Drill Instructor. Evaluators are trained and briefed on the pre-screening physical fitness requirements and know what to look for on every aspect of the individual techniques.

They will count your repetitions out loud so that you can hear each repetition counted. If there is an incorrect or incomplete repetition, the Evaluator will inform you what you did wrong. You will also hear the number of the previous repetition repeated. This will let you know that the incorrect repetition was not counted.

It's important to know that the Evaluators may not know how many repetitions are required of you for any given exam. It is your responsibility to know what is required of you. If you have a question as to what is required of you, ask the Drill Instructor. Once testing begins, there is no talking allowed by those taking the exam. Only Drill Instructors and Evaluators are authorized to speak during the testing process.

Independent Training

Candidates and recruits alike are encouraged to train with push-ups and sit-ups as often as possible. Although there is a minimum requirement based on age and gender, you should strive for a maximum effort each time that you are tested as the exit standard is 10% greater than the entrance standard. In addition to the Pre-Screening process, the Recruit Training Program also contains a mid-term physical fitness test and a final physical fitness test, which you must pass. The final physical fitness test is based on the Exit Standard outlined on the previous page. Although the exit standard requires a 10% improvement, the *testing procedure* for these tests will be identical to the pre-screening process.

In any case, frequent training with these exercises build the endurance to perform many more repetitions within the one-minute time limit than not.

Regular training with push-ups builds strength and endurance in the upper body including the shoulder, upper arm and chest muscles. This type of training improves overall physique, looks in addition to strengthening and improving sympathetic (supporting) muscle groups and the surrounding areas such as abdominals, back, quadriceps, wrist and rotator cuff.

Regular training with sit-ups trims your midsection, strengthens your abdominal muscles, hip flexors, and in some cases can improve your run time. Daily training – as long as it's sensible – is a good way to increase your endurance and ability to perform more repetitions.

The Training Academy encourages all recruits to strive for a personal best whenever the opportunity arises. To increase your performance, see a drill instructor for assistance and suggestions on how to train for improvement.

In any case, constant training and practice with these or any exercise will increase your capacity to perform more repetitions in any given event. In addition, you will develop upper body strength and conditioning as a result of regular practice with these exercises.

Spotter Position and Responsibilities

Each recruit will have a spotter for the required exercises. Academy Evaluators will count repetitions.

You are not allowed to speak during the testing process. This can create confusion as well as distraction to the Evaluator.

Spotting Push-ups

- Aligning to your partner's left; you will lie on your stomach with your right arm extended at a 90-degree angle.
- Make a fist with the thumb side up.



Spotting Sit-ups



- Set weight on top of your partner's feet either by holding them or kneeling on top of the shoelaces.

Directions for the Push-up Test (males)

The “Stand-By” Position

The Stand-By position is when you have a spotter at your left and you are waiting for the Drill Instructor’s command of “ready”

With the spotter’s arm extended underneath you, you will be on your hands and knees as pictured.

You will be in this position until you hear the command of “ready” by the Drill Instructor.



Upon the command of “ready,” you will rise off of your knees and prepare to do the push-ups. There will only be a slight pause between the “ready” and “begin” commands.



Note the position of the back and arms. They are straight. This is the proper “Ready Position.”

Push-ups

Push-up repetitions are measured and counted by Academy Evaluators and the amount that they report to the instructor is what will be recorded. This is absolutely indisputable. There will be no questioning an Evaluator's count. Although you may think that you have a certain number, only the Evaluator's count is what will be the official record.

To do push-ups:

- Begin in the Ready Position (fig.1)
- Upon the command of "begin," lower yourself so that your chest touches the spotter's fist. (fig.2)
- Keep your back straight
- Do not let your knees touch the floor
- Push all the way up so that you return to the Ready Position (fig.3)
- This is one repetition.
- Strive for as many repetitions as possible during the one-minute time limit.

Rules:

- Your chest must touch the spotter's fist and return to the Ready Position for the repetition to count. Evaluators will not count an incomplete repetition.
- Once in the Ready Position, your knees are not allowed to touch the floor until the event is finished. If at any time your knees touch the deck during the event, the Evaluator will stop counting and you will be done. Up to that point, whatever complete repetitions you have performed are what will be recorded. If you must stop and rest, do so in the Ready Position.
- Repetitions where you only lower your upper body will not be counted.

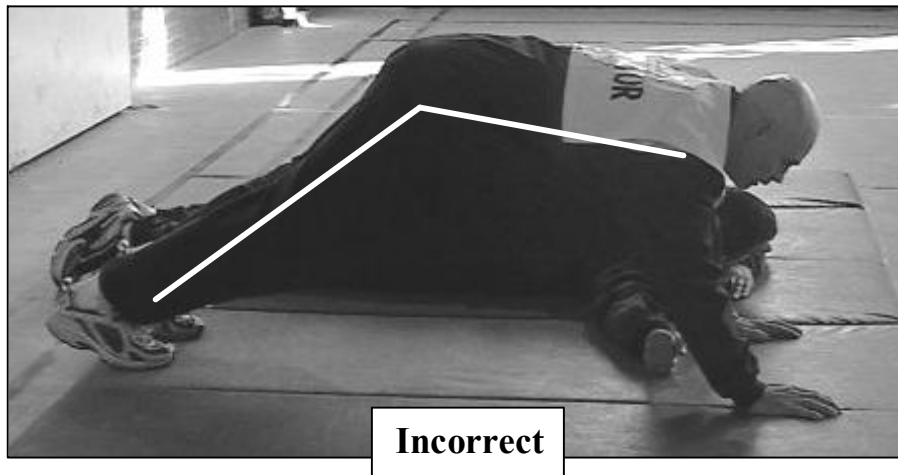




Fig.1



Fig.2



Fig.3

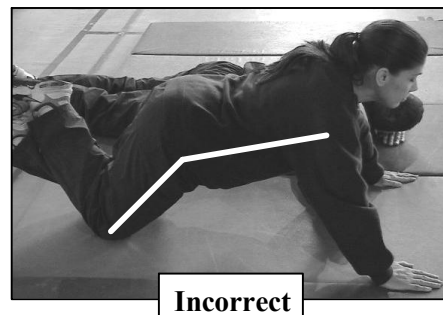
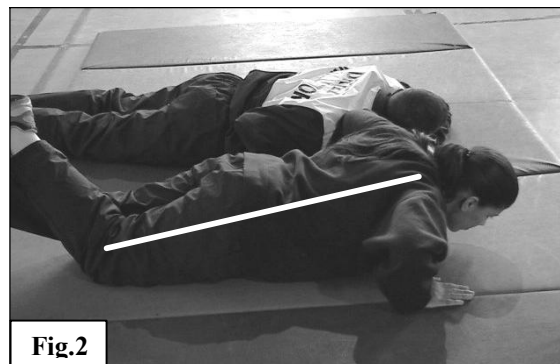
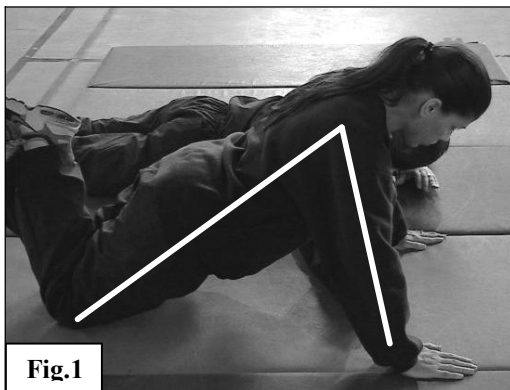
Modified Push-Ups (females only)

To do push-ups:

- Begin in the Ready Position (fig.1) *Note the position of the knees, feet being crossed.*
- Upon the command of “begin,” lower yourself so that your chest touches the spotter’s fist. (fig.2)
- Keep your back straight.
- Push all the way up so that you return to the Ready Position (fig.3)
- This is one repetition.
- Strive for as many repetitions as possible during the one-minute time limit.

Rules:

- Your chest must touch the spotter’s fist and return to the Ready Position for the repetition to count. Evaluators will not count an incomplete repetition.
- Once in the Ready Position, you are required to maintain this posture until the event is finished. If at any time you stop with your chest or thighs on the deck, the Evaluator will stop counting and you will be done. Up to that point, whatever complete repetitions you have performed are what will be recorded. If you must stop and rest, do so in the “Ready Position.”
- Repetitions where you only lower your upper body will not be counted.



Directions for the Sit-Up Test

The Ready Position

Upon the Drill Instructor's command of "ready", you will rise off of the mat as pictured.

Your hands shall be either tucked under your armpits or clasped behind your head.



The proper Starting Position:

- Hands in either of the approved positions
- Elbows past the plane of the knees
- Note: Once you select a hand position, you will not be able to change it during the exam.



Sit-ups

Sit-up repetitions are measured and counted by Academy Evaluators and the amount that they report to the instructor is what will be recorded. This is absolutely indisputable. There will be no questioning an Evaluator's count. Although you may think that you have a certain number, only the Evaluator's count is what will be the official record.

Upon the command of "begin:"

- From the Starting Position (fig.1)
- Lower yourself down so that your lower back touches the mat (fig.2)
- Rise back to the Starting Position (fig.3)
- Incomplete/improper repetitions will not be recorded.
- Remember, your elbows must pass the plane of your knees, and your lower back must touch the mat for the repetitions to be counted
- Always aim to do as many as you can within the one-minute time limit
- If you must stop and rest, you are allowed to rest only in the Starting Position
- If you stop with your back on the mat, the counting will stop

Regular training in this exercise will increase your capacity to perform more repetitions on the day of the exam. Train frequently with this exercise because if you don't, you'll quickly de-condition to the point where you may not pass the required number of repetitions within the time limit.

For guidance and suggestions on how to train to increase your capacity with this event or any other, see your Drill Instructor.

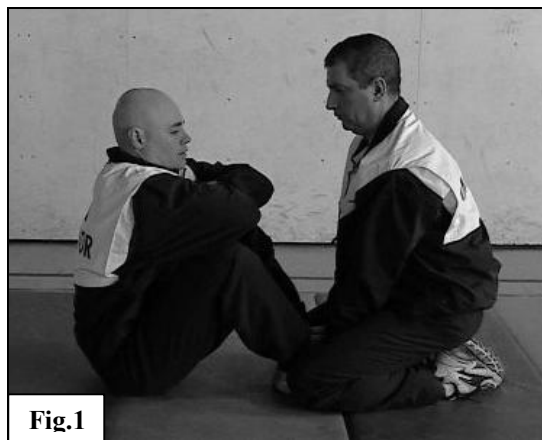


Fig.1

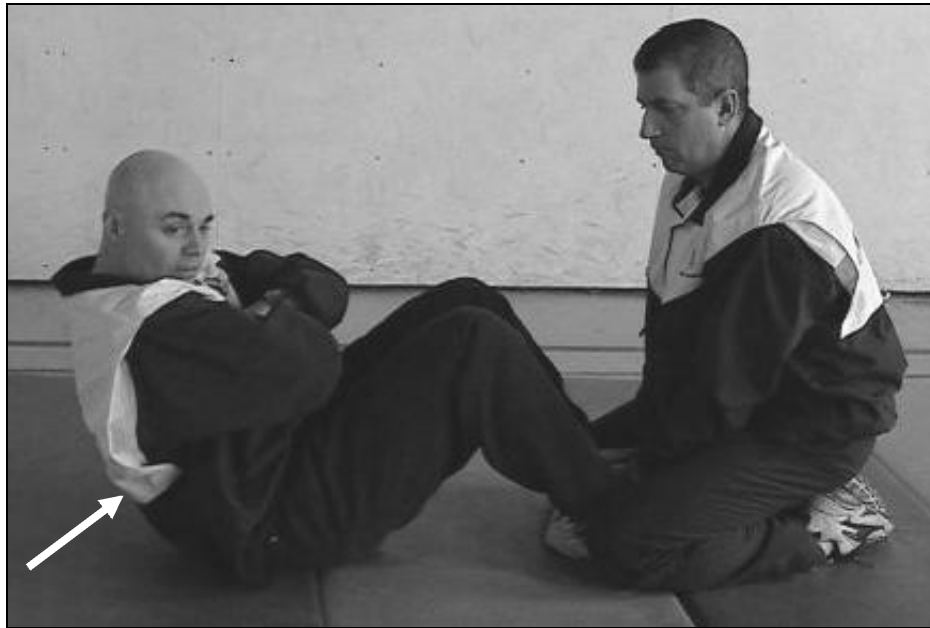


Fig.2



Fig.3

Sit-ups



Incorrect: Not low enough



Incorrect: Not high enough

Timed 1.5-Mile Run

The timed run is a measure of aerobic conditioning required to complete the physical training during the Recruit Training Program. The nine-week program contains organized military-style formation runs in addition to free run periods where recruits run a measured course at their own pace.

For this event, a measured course will be used and Drill Instructors will record the times posted by candidates and recruits alike.

Remember to pace yourself. If you are not fast, do not try to keep up with the faster runners. Keep your own pace and regulate your breathing. Again, regular frequent training with this event is the only way to improve.

For training ideas and suggestions on how to improve, see your Drill Instructor.

This concludes the Physical Fitness Testing Manual. If you have any questions about the information presented within, please see your Squad Drill Instructor.

